

Childrens Activity Pack: 33 Weeks

Each week includes: Activity A, Activity B, Activity C (Drawing)

Week 1: Feeling Flowers

A: Match feelings to emotion words and colors (e.g., sad = blue).

B: Partner activity: Guess each other's feeling by color choice and explain why.

C: Draw a flower using colors that represent your current mood. Add a face that shows that feeling.

Week 2: Moonflowers and Sunflowers

A: Complete a T-chart comparing day and night emotions.

B: Create sun/moon body shapes with partners (one curled, one stretched).

C: Draw a moonflower and a sunflower. Show which times of day they bloom and what each one feels.

Week 3: Angel Heart Bloom

A: Sequence story petals (tear, heart, wings, bottle, light) with matching feelings.

B: Act out the flower's unfolding in a five-step movement play.

C: Draw a six-petal flower. In each petal, draw a matching symbol and its emotion.

Week 4: Unlocking the Heart

A: List words that "open your heart" (love, music, family, etc.).

B: Create a class key ring — each student adds a paper key with one heart-opening word.

C: Draw a magical key and the treasure it unlocks inside your heart.

Week 5: The Bottle of Love

A: Write three calming rituals that help you feel peaceful.

B: Sit in a gratitude circle and pass a "bottle" while sharing what fills you up.

C: Draw a heart-shaped bottle. Fill it with peaceful symbols, colors, and words.

Week 6: Fairy Slippers

- A:** Describe a time movement helped you feel better (dancing, skipping, running).
B: In pairs, create a movement sequence for sadness turning into joy.
C: Draw your own pair of fairy slippers. Show what kind of dance they help you do.
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Week 7: Joy, Grace, and Wholeness

- A:** Tell a short story about when you felt broken and then better again.
B: Build a class “healing circle” mural using words and torn paper shapes.
C: Draw a paper heart torn and repaired. Add symbols of joy to the fixed pieces.
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Week 8: Landing the Heart

- A:** Write or dictate a short letter to your own heart inviting it to rest.
B: Work in groups to build a calm corner in class using soft items and gentle art.
C: Draw a nest or soft place where your heart lands safely.
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Week 9: The Candle of Light

- A:** Write five “light words” you want to carry with you (hope, warmth, truth...).
B: In small groups, create a hallway display of all your candles and their meanings.
C: Draw a candle with a bright flame. Inside the flame, draw what lights you up.
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Week 10: God’s Design

- A:** Complete the sentence “I was made to...” and illustrate the meaning.
B: Use yarn to create a web of talents and purposes across the classroom.
C: Draw yourself as part of a big design — your special role in a bigger picture.
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Week 11: Lyric Love and Light

- A:** Compose a four-line class poem using rhyming emotion words.
B: Build a “word orchestra” with partners: one rhythm, one rhyme, one feeling.
C: Draw musical notes flowing from your heart. Inside the notes, add words you love.
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Week 12: Green Candle – Inner Peas

- A:** Write five things that bring you inner peace.
 - B:** Pair up to do a “peace buddy” breathing practice and share peaceful words.
 - C:** Draw a pea pod. Label each pea with a peaceful action or calming thought.
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Week 13: Seeds of Peace

- A:** Write one peaceful message on a small “seed” and explain it.
 - B:** Collaboratively plant a “Peace Garden” bulletin board with seed messages.
 - C:** Draw yourself planting a seed. In the soil, show what it will grow into.
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Week 14: Watching Bunnies

- A:** Describe what kindness looks like from far away.
 - B:** Act out silent acts of kindness while others play the bunnies who “watch.”
 - C:** Draw two bunnies watching you do something good. Add details to their eyes.
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Week 15: Angel Heart Recap

- A:** Write one thing you learned from each petal symbol.
 - B:** Reenact the full Angel Heart journey as a class.
 - C:** Draw the full Angel Heart with all symbols. Add background details to each petal.
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Week 16: Symbol Story Retelling

- A:** Retell the Angel Heart story in five short sentences.
 - B:** Mix and match symbols with meanings in small groups.
 - C:** Create a booklet with one drawing per symbol and its meaning.
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Week 17: Musical Interpretations

- A:** Write a sentence about how music makes you feel inside.
 - B:** Create a classroom “emotion orchestra” with rhythms, movement, and instruments.
 - C:** Draw shapes, lines, and colors that match different musical moods.
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Week 18: Art Installation

- A:** Describe one thing your mural piece will show.
 - B:** Build a 3D or large flat installation as a class using painted pieces.
 - C:** Draw the whole class mural. Circle the piece you created.
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Week 19: Spiritual Values in Nature

- A:** Write or dictate a short note to nature (Dear Tree, Dear Sky...).
 - B:** Build a peace altar or nature table with natural or drawn items.
 - C:** Draw a scene in nature that makes you feel wonder or stillness.
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Week 20: Writing Letters to the Flower

- A:** Write a letter to your favorite petal or part of the Angel Heart.
 - B:** Deliver letters through a “heart mailbox” and share select ones aloud.
 - C:** Draw the flower reading your letter. Show how it feels.
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Week 21: Emotion Collage

- A:** Name three feelings you had this week. Write or dictate a sentence for each.
 - B:** Create a wall-length emotion collage using torn paper and student artwork.
 - C:** Draw a large heart. Divide it into three parts and draw one emotion in each.
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Week 22: Field Trip or Nature Walk

- A:** Record three things you noticed with your senses.
 - B:** Partner up and compare field notes. Share what felt peaceful.
 - C:** Draw a real flower or tree you saw. Add a face or voice to it.
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Week 23: Environmental Stewardship

- A:** Write your three-part Earth Promise: I will use less..., I will protect..., I will help...
 - B:** Class litter walk or garden clean-up. Record how it felt.
 - C:** Draw the earth with a smiling face. Add drawings of the ways you are helping it.
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Week 24: Roleplay and Drama

- A:** Write one line your symbol might say in the play.
 - B:** Practice and perform in groups. Support classmates with feedback.
 - C:** Draw a scene from your performance. Add speech bubbles or sound effects.
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Week 25: Becoming the Author

- A:** Create a story outline for your own symbolic flower.
 - B:** Share stories with classmates in a rotating author circle.
 - C:** Draw your flower with new petal symbols and colors.
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Week 26: Final Play Rehearsals

- A:** Reflect on how it feels to perform: write or dictate two feelings.
 - B:** Run a group practice of all play scenes. Focus on teamwork.
 - C:** Draw yourself on stage. Add the audience and your costume.
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Week 27: Angel Heart Live Performance

- A:** Make a program with your name and your role. Add one sentence about your journey.
 - B:** Perform and watch others respectfully. Share favorite parts.
 - C:** Draw the whole cast together on stage, each with their symbol.
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Week 28: Gallery Walk Celebration

- A:** Mount three pieces of work. Write titles and what they mean.
 - B:** Walk the gallery and write or draw compliments on post-its.
 - C:** Draw a map of the gallery, including your own space.
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Week 29: Journaling the Journey

- A:** Complete a three-part page: Before I started / What I learned / What I feel now.
 - B:** Read and share journals with partners.
 - C:** Draw a journey path. Show where you started and where your heart is now.
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Week 30: Kindness Campaign

- A:** Fill out a kindness tracker with drawings of three kind acts.
 - B:** Deliver secret heart notes to classmates.
 - C:** Draw yourself doing a kind action for someone. Label who, what, and why.
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Week 31: Time Capsule

- A:** Write a letter to your future self with your current hopes.
 - B:** Pack class time capsule. Share aloud if desired.
 - C:** Draw a picture of what you want to remember from this year.
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Week 32: Full Bloom Party

- A:** Make a final badge showing your symbol and what you've grown.
 - B:** Share badges in a circle. Applaud each other.
 - C:** Draw your flower in full bloom. Label the petals with your biggest lessons.
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Week 33: Seeds for Next Year

- A:** Write what you'll carry forward next year — one habit, one feeling, one gift.
- B:** Plant real or paper seeds together. Say one hope aloud.
- C:** Draw your future flower. Show where you are now and what you hope to become.